

# Royal Brownies

Meal Components: Grains

Desserts, C-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	1 lb 10 oz	3 3/4 cups	3 lb 4 oz	1 qt 3 1/2 cups	<b>1.</b> Cream oil, sugar, salt, vanilla, and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
Salt		1 1/2 tsp		1 Tbsp	
Vanilla		1 1/2 tsp		1 Tbsp	
Vegetable oil		3/4 cup		1 1/2 cup	
Canned applesauce	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup	<b>2.</b> Add egg whites and mix for 1 minute on medium speed. Scrape down sides of bowl.
Frozen egg whites, thawed	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
OR		OR		OR	
Fresh large egg whites		10 each		20 each	<b>3.</b> In a separate bowl combine, flour, cocoa, and baking powder. Mix for 1 minute on medium speed.
Whole wheat/enriched blend flour	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups	

baking powder		1 Tbsp		2 Tbsp	<p><b>4.</b> Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick.</p> <p><b>5.</b> Spread 5 lb 3 oz (2 qt 1 ½ cups) of batter in each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p>
Chopped walnuts (optional)	4 oz	1/2 cup	8 oz	1 cup	<p><b>6.</b> Sprinkle nuts (optional) over batter.</p> <p><b>7.</b> Bake: Conventional oven: 350° F for 20-30 minutes Convection oven: 300° F for 18-25 minutes Bake until set, but still moist in the center.</p> <p><b>8.</b> Cut each pan 5 x 10 (50 pieces per pan).</p>

#### Notes

- Special Tip:
- Brownies may be iced with Brownie Icing (C-22) or lightly dusted with powdered sugar.
- Variation:
- Swiss Brownies: Swiss Brownies are lighter in color than Royal Brownies. For 50 servings, decrease cocoa to 4 oz (1 ? cups). For 100 servings, decrease cocoa to 8 oz (2 ? cups).

**A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.**

Serving	Yield	Volume
1 piece provides 1/2 oz equivalent grains.	<b>50 Servings:</b> about 5 lb 5 oz (batter) 1 half-sheet pan	<b>50 Servings:</b> about 2 quarts ½ cup (batter) 50 pieces
	<b>100 Servings:</b> about 10 lb 10 oz (batter) 2 half-sheet pans	<b>100 Servings:</b> about 1 gallon 1 cup (batter) 100 pieces